

# BRIDGES

WEDNESDAY, FEBRUARY 5, 2014

## READ MY BOOK:

Saskatoon's storied  
music scene in *Eels  
Off Main St.* **P. 5**

## SPACES:

An exclusive look at the  
innovative Wolf Willow  
Cohousing project. **P. 14**

## SHARP EATS:

Chefs' Gala &  
Showcase! Five reasons  
you should go. **P. 22**

A STARPHOENIX COMMUNITY NEWSPAPER

## HIGH HOPES FOR SOCHI

PAIGE LAWRENCE, RUDI SWIEGERS  
AND A HOST OF SASKATCHEWAN  
ATHLETES AND OFFICIALS  
ARE READY TO MAKE US PROUD **P. 6**



FREE

# INVENTORY

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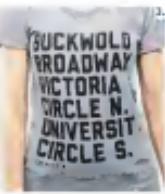
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BY MICHELLE BERG

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## Nuts About Nature At Beaver Creek Conservation Area



Hi, I'm Chip, and I live at Beaver Creek Conservation Area. Visit my habitat with your family and friends and enjoy some time away from the city. Become a family 'Nature Activity Hat-Trick' and have a tail... nature award!

Guess what, I am? You can send your questions to me at the address below:

Dear Chip,  
My grandpa makes walking sticks with diamond willow.  
My teacher says that diamond willow isn't a species.  
What's it called?



Dear Julie,  
Diamond willow is a cedar's dream! They make beautiful walking sticks and all kinds of crafts. I hope you're lucky enough to learn that skill from your grandfather! Your teacher is right, diamond willow isn't a specific species. What we know as diamond willow is actually a low-litigious species of willow that are susceptible to a type of fungus, *Valsa sordida*, that causes cankers in the wood grain. These 'deformational' willows look like long pointed oaks, with contrasting light and dark wood, can be found on at least 6 of the 100 species of willow in North America. One well known species around here is: Betula willow, *Betula tristis*. At Beaver Creek Conservation Area I am the only one allowed to cut them down, for building my den and lodge of course!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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Sébastien L'Etang-Rousseau is a member of the four-men Canadian bobsledding team who will compete at the Sochi 2014 Olympics. (BETTY HAMER/REDFOTO)

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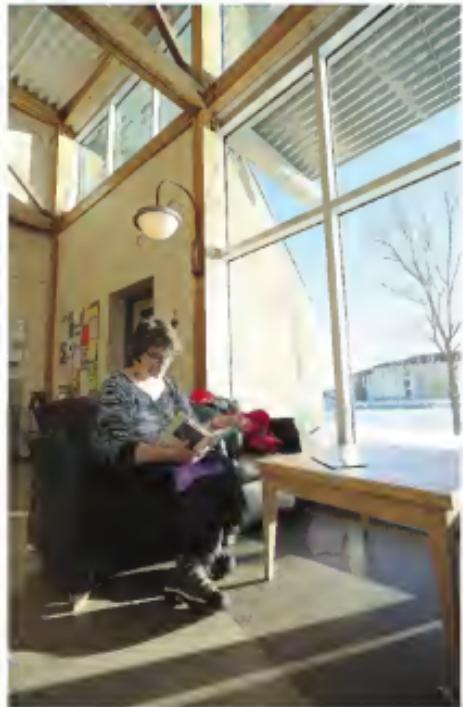
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Hilary Weston cozies up in a sunny spot by the window in her favourite place: the Alice Turner Library, located at the corner of Aldridge Drive and Nelson Road. #B105/PATRICK MEEHAN/MCT

## BRIDGES COVER PHOTO BY THE CANADIAN PRESS

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# FASHION YXE

## # SASKATOON FASHION

## Samantha Simonot: Service without the short skirt

By Michelle Berg

**Samantha Simonot**, a fourth year nursing student at **SASST**, has been serving for the last five years to make a little extra cash while she's in school.

Her current gig at **Weston's English Pub** in Saskatoon requires a mandatory black top. Beyond that, she's able to express herself and wear comfort-able dress pants and accessories. She had to wear a cocktail dress and heels at her previous job; an outfit she didn't even notice because it was one of the lowest paying gigs in the market.

During the day shifts, she wears a T-shirt or tank top with a cardigan, jeans and a pair of **Tennex** flats or a funky pair of boots. As night falls, she dresses up a bit by adding lip colour, some earrings and a large necklace.

The only time Simonot has caught flak for an outfit from her customers was when she wore an animal print.

"The leopard print pants were not a big hit at [Weston's]," she says.

She believes people should be tipped based on their service, not on how they look.

"I try to not use my looks to get tips. I use my 'winning personality,'" she adds.

Simonot wears a conservative T-shirt when she served a group that said her top "blew out" on their server's television. She knew she wasn't getting a tip and was fine with that.

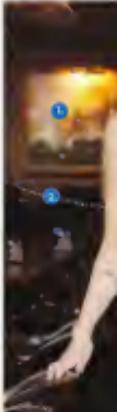
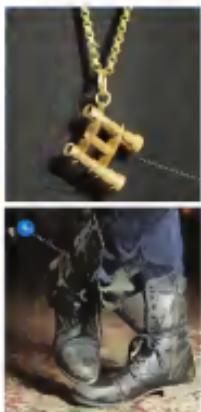
I would never work at a bar where you were forced to wear short skirts because that is just not nice.

In the summer, Simonot wears shorts but with spandex shorts underneath. There's a lot of bending over to clean glasses and clean tables which is why she doesn't want to wear short shorts, rompers or revealing shirts at work.

"You never know who you might be serving your butt to!"

If you want to work at a place with a strict dress code, go ahead but for advice, we like it that you can be what you are.

Have an outfit you've styled for an upcoming event?  
Send a photo to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)



### SIMONOT'S TIPS FOR NEW SERVERS:

- Don't wear an expensive outfit — you will spill something on it.
- Wear flats or comfy shoes — you never know if the whole shift.
- Tip yourself! You don't need to wear revealing clothes if that is not you.

### OUTFIT:

- ① SHIRT: **Forever 21** online.
- ② NECKLACE: **Luna & Hill**
- ③ JEANS: **The Gap** — "I love Gap jeans. They're relaxed the style recently and really fit my body shape."
- ④ BOOTS: **Steve Madden** from **swank**.

**Samantha Simonot** please for credit with bio online at **westons.ca** Photo by **Karen Bridges** PHOTO BY MICHELLE BERG

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# CRAIG SILLIPHANT

## Saskatoon's storied music scene

Local musicians know that the last Saskatchewan Prince is a harsh mistress. Before the Internet, it was virtually impossible to have your music heard outside our borders. But in the last 10 years, as I cover the Saskatoon music scene for a variety of publications and radio stations, I wanted to help local credibility to the amazing music I heard local artists making.

*Exile Off Main St.* (Roulette Books) is the culmination of almost a decade of writing music and some pieces of local music history.

It's my own story, as I went from being a teenage musician to a sort of local-elites-by-fame kind, to a professional music writer. I inter-

viewed local music legends, from us diehards, to just and world music players. I wrote through some of my favorite stories from the past into the one about Saskatoon working man MITCHELL. And even better, I enlisted a little help from my friends: many of the other musicians and music workers I grew up playing with or met along the way. They tell their authentic stories, like the triumph of one writer that joined Show Down. Molasses and heat, realizing that there's no sound堪能的 to the musical world, "The Northern Poles" make up, before the rise of the Internet. The chapter discussing international fame and some local controversy, and over starters



Craig Silliphant  
about the unlikely deaths of good friends

I started to leave behind some kind of oral history about the young effects our stellar talent had had on. My wife and I had a son that year I finished him, an enormous like how to be able to pick up that

book 20 years and read about what it meant to live in Saskatoon, in music scene here.

Other people may give our music the respect it deserves but I always argue that rock'n'roll will happen in places like Saskatoon. It's in the periphery where you pick up a guitar because it's like outside. *Exile Off Main St.* is about what music can bring to one's life when you're growing up in a small, Prairie city in exile. In the middle of nowhere.

Among other places, the book is available at The Vinyl Diner and Renaissance Books & Records in Saskatoon. Outside of Saskatoon, copies can be ordered by emailing craigs@fathome.ca.



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After leaving office, she established her legacy, the Michèle Jean Foundation (MJF). The Foundation works with business leaders, government, schools and universities to expose youth to the arts to broaden their horizons and communities.

Mrs. Jean's foundation works in Canada and internationally. In addition to her Foundation she has been appointed UNESCO's special envoy for Haiti where she spearheads a multilateral initiative to assist the education system in modernizing culture and heritage in Haiti.

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### La chambre blanche

THE AVANT-GARDIST

By Ian C. Nelton

Debuting playing on suspense, doubt and fear, this new script takes us on the world of international diplomacy with a noble treatment of stemmen and ambivalence, in the long shadow of Abu Ghraib and Guantanamo. In other issues, reflection and grappling with old emotions.

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# IN THE CITY

# JANUARY 28, 2014 — 4:44 P.M.

## Let them eat cake



Nocita Lajuan, owner and manager of Picnic Cakes, won first place for her and her pastry team's Jamaican Butter-Nut cake at Cakes in the City, a fund-raiser in support of Children's Haven and Lorette Saskatchewan. It was held during Whitemonth at the Sekani Co-op Facility. Picnic's entry was a Jamaican-banana coconut rum cake with mocha cream cheese frosting and toasted coconut. (Robert's Photo by MICHELLE RIBB)

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [Bridges@thestarphoenix.com](mailto:Bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

# Library a pleasant source of free information

By Sean Trembath

**H**ilary Nelson spends a lot of time thinking about Saskatoon.

As one-third of the City YSL (public) crew, she discusses all things urban with her two co-horts. She has blogged and written columns about city policy.

Her Twitter account, *The Other History*, is immediately familiar to anyone who spends time browsing the #YSL search term.

Nelson's favorite place in the city is the Alice Turner branch of the Saskatoon Public Library at 130 Nelson Road. She took some time to tell Bridges why.

**Q:** What is your connection with the library?

**A:** It's our local branch. We've lived in the area for ten years now. I go there often. I order tons of books through Inter Library Loans.

I also used to volunteer for (local library organization) HEAD Books once, and that was where we would do our胎教 sessions.

**Q:** What about the space itself? Is there anything that appeals to you specifically?

**A:** It is an energy-efficient building. The south-facing windows are great. It's warm in winter and cool in summer. It's a safe zone where you can sit and read.

**Q:** How often do you go?

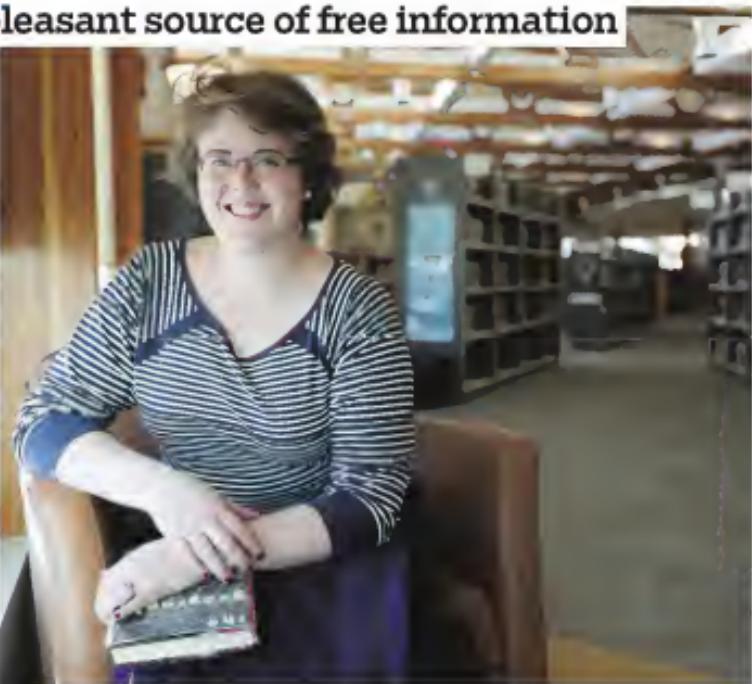
**A:** It used to be at least once a week. Now maybe every two weeks.

**Q:** Does your dialogue with the employees having gone there as often as it does?

**A:** Yeah. I got reassured by the staff. It got so bad that when I would walk in they would just go and pull my books off the shelf.

**Q:** Are there any changes you would like to see?

**A:** Really the only thing is they



Hilary Nelson calls on us to pay spot by the window in her favorite place, the Alice Turner Library located at the corner of Alpine, Oriole and Nelson Road.

put their hours back awhile ago - so they're only open until 6 p.m. on some nights. They did add improvement recently that gives more space between you and the area with all the

Q: Is there anything about the idea of a library and their place in society that appeals to you?

**A:** I am a strong advocate for libraries. I really believe they should be free and available for everyone.

They're a good way to get information for free. I think people forget and just assume everyone has the Internet. The Internet still costs money to access.

Peter Golen, the public informa-

tion officer for the Arlington Public Library has a good point. He said, "My two favorite things in life are libraries and libraries. They both move people forward without using anything."

# ON THE COVER

It's going to be an experience we haven't dealt with before. — Paige Lawrence

# SASKATCHEWAN ATHLETES AT THE OLYMPICS

## How to get to Sochi from Saskatchewan



Paige Lawrence and Rudi Swiegers perform their free program in the pairs competition at Sault Ste. Marie's 2014 Canadian National Skating Championships on Jan. 11. (E-GRASSO, CP PHOTO)

**By Arielle Zerr**  
With files from  
Murray McCormick  
and Kevin Mitchell

As Canada gets ready to march the Olympic torch caught up with four of Saskatchewan's own representatives before they left for Sochi, Rus-

### PAIGE LAWRENCE AND RUDI SWIEGERS

In figure skating's showmanship arena, all you can do after they've flished their programs is applaud. Their coaches and parents wait for their scores. Their fate is in the hands of the judges. If the rotation was less than per- fect, if the competition is close, it can

be an excruciating process.

It was for Paige Lawrence. On Jan. 13, 2014, she and partner Braden Swiegers had just finished their free skate, a four-minute-and-20-second program to music from *On The Great and Powerful*. A top three finish would guarantee them a spot on Canada's Olympic team. But Swiegers had dropped Lawrence during a lift. All they could do was wait and

hope for the best.

"It was the worst moment of my life, I swear," Lawrence said.

"I didn't know if we did enough, and sitting in the kiss-and-go when you are powerless to control your own fate, that to me was terrible."

Swiegers, on the other hand, was relieved. He knew he had done every thing he could and now it was up to the judges.

While he was hoping it was enough, it was a lot more relaxed in the kiss-and-go than his counterpart Paige and Joachim Party, he said.

It was enough. The duo finished third and was going to the Olympics.

But it wasn't an easy road. Early in the season, Lawrence injured her leg, which caused the two skaters to be unable to train as they normally would have for their jumps and spins.

We are proof that if you believe in something...  
it is possible. — Lawrence



Saskatchewan's Matt Lawrence and Ryan Swiderski were bronze medalists at Skate Canada's 2004 Junior Skating Championships in Ottawa, Ont. (Photo: AP)

Instead, Lawrence and Swiderski focused on their performance as she built her strength up.

From skating or judging in two categories, technical elements like jumps, spins, lifts and performance elements like musicality, choreography and footwork. Different elements are worth different amounts based on difficulty and creativity, yet are scored based on the skaters' success in completing them.

The lack of technical training before either sibling could have hurt Lawrence and Swiderski, but both believe that the extra time spent on performance actually helped them at the national competition.

"We were a little disappointed in the short program, mainly because we had been skating really clean, really consistent programs at the local level and made some mistakes and fouls, which go against the rules of Knights and Ladies," says Lawrence. "After that, I just hoped to really hold them down and fought for the program, so at that point we were hoping the program was enough."

With the Olympics consider out of the way and Lawrence's injury resolved, the duo is training hard for March.

"It's going to be an experience we haven't dealt with before," admits Lawrence. "We care pre-internationally and against the best in the world but this is a goal we have never dealt

with or experienced."

And while Lawrence and Swiderski can't imagine life any differently now their pairing was never intended to be permanent.

Lawrence, a singles skater at the time, was paired with Swiderski after his first partner decided she didn't want to skate pairs anymore. Their partnership was only supposed to last until they found themselves a new partner.

"I like to let it stand that I'm still looking for Paige's replacement," says Swiderski with a laugh.

Nearly nine years later they are ranked 13th in the world, see four-time Canadian bronze-medalist and off to their first Olympics.

But despite their national and international accomplishments, competing under the Western Canada banner has been a challenge, as has finding time to train with their coach, Kristy King.

"The kindest thing that Kristy and I want to represent is that we've sacrificed this without having to move away to a large training center," says Lawrence, who hails from Kenaston (approximately about 16 km from King's English).

"I think a lot of people feel that they are on these road crews (and) may not have the same opportunities and may not have the belief that they can fulfill their dreams. But we are proof that if you believe in something... it is possible," she said.

*Continued on Page A9*

# Authentic Amish Cooking



## Apricot Bars

1/2 c. butter, softened  
1/2 c. sugar  
1 egg  
2 c. all-purpose flour  
1/2 tsp. baking powder

1/2 c. sliced apricots  
1/2 c. shredded walnuts  
1/2 tsp. vanilla extract  
1 Tbsp. jar apricot preserves



In a large bowl cream butter and sugar. Add egg and mix well. Combine flour, baking powder and gradually add to the creamed mixture. Mix in walnuts and apricots and vanilla. Press dough into a 9x13 inch baking pan. Spread preserves on crust. Bake at 350° for 25-30 minutes. Yields 2 dozen.

## Cream of Broccoli Soup

1 1/2 lbs. Broccoli, chopped  
1/2 Butter  
1/2 C. Marshmallows, chopped  
(yes mini!)  
1 T. Butter, chopped  
1/2 C. Cheese, chopped  
1/2 C. Potatoes, chopped  
1 T. Milk

2 C. Chicken Broth  
1 C. Chopped Bacon  
1/2 Pepper  
2 T. Salt  
1 T. Chives  
4 C. Milk  
1/2 C. Flour



Cook vegetables, water, and chicken broth until vegetables are almost tender. Do not strain. Add rest of ingredients and simmer a little.

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I don't think about (the Olympics) that much. We have been building up to this and working toward it. Now it's starting to feel like it's coming close. I'm excited to see how it all comes together. —*Lyndon Rush*



**Sleds to chew on** Lyndon Rush (left), with his brakeman teammates Neville Wright (center) and Lucas Brown, will compete at the Sochi 2014 Olympics. PHOTOS COURTESY CHARLIE ROBERT

## LYNDON RUSH

When bobsledder Lyndon Rush walked on to B.C. Place for the opening ceremonies of the Vancouver Olympics, he thought to himself, this is what it means to be healthy, this is what it means to be happy.

A fitting analogy, considering Rush spent his university years playing baseball for the University of Saskatchewan Huskies. But he

never thought baseball would lead to bobsledding at the Olympics.

In 2005, shortly after Vancouver was awarded the Olympics, he began to research what it takes to become a bobsledder. He reached out to Brian Boerner, head coach of the University of Wisconsin-Madison's bobsledding team, and got some names of graduating players that fit the body type of a bobsledder.

Rush was on the list.

"They called me and I thought it

would be interesting," Rush said on the phone from Germany where he and his teammates were competing.

"The first time I did it, it was really fast."

Bobbed teams compete on four-year cycles, peaking at the Olympic Games. Each four-man team has a pilot, a brakeman and two pushers. It was the latter that Rush was recruited for, but as legacy during

olympics allowed him to try driving the sled.

Rush grew up doing major sports on B.C.'s coast, but the sled was completely different. He learned the ropes for a first year before starting his first four-year cycle, one that would end at the Vancouver Olympics. He also thought it'd be his last.

Rush has three daughters. His

wife, Kryste, is due to have their fourth child in late April. The bob sled season has a demanding travel schedule that keeps Rush away from home for nearly six months a year. But he and Kryste discussed it, and she encouraged him to go for one more Olympics. Four years later he's going to Sochi and competing in the two-man bobsled, as well as the four.

I think back to when I grew up in Humboldt, it was a small community, and I wasn't a random person. ... Maybe that's why there are so many Saskatchewan Olympians. — Rush



Lyndon Rush will be competing at his second Olympic games. PHOTO COURTESY CHARLIE RUSHES

"I don't think about (the Olympics) that much," Rush admitted about two weeks before the start of the Games. "We have been building up to that and working toward it. Now if it's starting to feel like it's coming close, then I excited to see how we do."

Rush, 33, adds his four-man team, "The old crew" — remnants of Steve Wright, who is, David Bissett, 34, and Lorne and Brown, 38 — has changed only slightly from 2006 when Chris leRoux left and Wright joined.

Both jokes that they are older than some of the coaches, but he thinks their experience is a benefit even after what he calls an "OK" season.

"You want to win every race and we've had some good results but we're moving towards the rest. The off-season goal is to be ready for the big

race ... We know what it takes to pull up our game," he said, adding that they've "been there, done that."

In the off-season, the Humboldtines live in Sylvan Lake with his family and train in Cochrane, Alta., where his teammates train a week.

Still, he says his athletes to growing up on Saskatchewan.

"I think back to when I grew up in Humboldt; it was a small community and wasn't a random person. I wasn't just some kid on a team. I was Jerry Rush's kid. When the community is tight, I really feel like the coaches and receivers put in more effort," Rush said. "Maybe that's why there are so many Saskatchewan Olympians."

"There's a little extra bit of Prairie pride there's back up in us."

*Continued on page G*

## 'TOON TIME!

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February 9, 2 to 4 p.m. I ♡ Art - Make art for your favorite Valentine.

February 9 at 2 p.m. Weave and Stitch Workshop for Adults  
Join Artists by Artists June Jacobs and Owen Kippak and learn to weave a basic pattern, and surface decorate with anchoring and embroidery techniques. All skill levels welcome. Materials provided. To register call Carol at 306-875-8144.

February 23 at 2 p.m. How to Draw Comics the Mendel Way for Youth and Adults: Instructor Nathan Wahl will teach you how to draw a face and facial expressions using the 'halway' method. For ages 12 and older. All skill levels welcome. Materials provided. To register call Carol at 306-875-8144.

March 2, 2 to 4 p.m. Technicolour Sock Monkeys  
March is Cultural Diversity and Race Relations Month. Make colorful monkeys to celebrate and commemorate.

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The Sydney Games was my first Olympic Games and I thought, 'Holy smokes, this is fantastic.' But I spent the whole two and a half weeks in a hotel room staring at a computer. — Doug Charko

## DOUG CHARKO

If the Canadian cross-country skiers and biathletes seem to have an extra edge this Winter Olympics, look to Doug Charko.

As Team Canada's own meteorologist, Charko will be attending his fifth Olympics, more than many of the athletes in attendance.

How exactly do you become a sports weather forecaster? Well, if you're Charko, an Italian sailing team simply calls you and asks.

"I thought, 'Well, first of all, you'll have a meeting with you and see what I can do. And then I'll wait up the street to the library to find a book on sailing,'" he said, laughing.

He was invited to his first olympics two years later by the Russians setting teams in 2000. He has been to every Summer Olympics since.

Born in Scotland, he followed his first Winter Olympics, he was assigned as liaison the manager of a new sport: cross-country skiing.

As Charko explains it, things like outside temperature, if and when it will snow and the snow temperature on the ground are all things the ski technicians take into account when choosing what ski gear. Different woods give the skis different performances. Some woods would go to ice or wet conditions and some provide a better glide.

"Part of the Canadian Olympic Committee's job is to assist in any way to help these athletes do as well as they can. They like to say 'Leave no stone unturned.' So I was kind of under one of the stones," Charko said.

He's been working with the Canadian team for a year and a half, monitoring the weather services in Russia, comparing their information to his own and running the facility with the athletes last year.

"My job is to eliminate surprises."

Charko spends most of his time inside and off the hill. He's constantly sending updates to the team throughout the day.

"For sure it's exciting, but it's probably more work than people realize."

The Sydney Games was my first Olympics and I thought, 'Holy



Doug Charko holds up Olympic accreditation to Sochi as he is traveling with Team Canada as their meteorologist. Photos by Paul Rutherford

smokes, this is terrible.' But I spent the whole two and a half weeks in a hotel room staring at a computer."

In Sochi, he'll likely be working 12 hours a day for the full three weeks of competition. For those Olympics though, he'll get to spend some time at the track a luxury not usually provided during sailing regatta and the Summer Olympics.

Again, Charko is not a part-time sports weather forecaster. He's basically

back to Regatta two years ago after living in New Zealand for 17 years. The job has taken him all over the world, including Australia, Japan and Beijing.

In 2014, he was away for a total of three months out of the year but last year a non-Olympic post it was less. When he's not traveling for work, he's away at home due to his two sons.

Through Charko never saw sports forecasting in his future when he

started his profession with the Canadian team, he hopes to continue attending the Olympics and working in the sailing circuit. His most recent job took him to Florida to work with two hours at a sailing regatta. Both placed first.

Charko says that being involved with a winning team that's happy with your work is part of what makes his job so enjoyable.

"I'd have to keep involved. It's a difficult."

## SAILOR AT SOCHI 2014

Kate Beaton and Hugh Lawrence

From sailing:

Lucas Makowsky, speed skating

Martha Hoekstra, speed skating

Kati Christ, speed skating

Ben Cookwell, bobsled

Linden Ruth, bobsled

Chester Vales, bobsled

Easton LaCelle, bobsled

Hayley Wickenheiser, women's

hockey

Patrick Marleau, men's hockey

Ryan Getzlaf, men's hockey

Chris Kurz, men's hockey

Maisie McShane, snowboard

# CITY FACES

# KAREN HOWARD

## A life's passion rewarded with trip to Sochi

By Sean Trembath

**Athletes aren't the only ones with Olympic dreams. Just ask Karen Howard.**

The upcoming 2014 Winter Olympics in Sochi, Russia will be the culmination of 32 years of effort for the Regina-based figure skating judge. She's one of the select people chosen which female singles skaters love. Skoti with a medal around their neck.

"You had to really prove my expertise, and stick live my day-to-day life," says Howard, who got the phone call from State Capitals in early October.

"The weekend I found out it was all about enhancing the emotions of it all."

Her path to Russia began when she was living in Melville at age 36, the youngest age of which you can be certified as a figure skating judge. She had competed at the provincial level as a skater, but had always been intrigued by the judging side of the sport.

"As soon as I turned 18 and could start writing the exams, I went with it," she says.

Since then it's been years of training and working on her craft. "Judging is a volunteer gig done on top of her day job as a teacher at Cochrane High School in Regina, so passion is a must."

"Lots of people think figure skating is just a winter sport it's quite busy throughout the 12 months of the year" says Howard.

The Olympics become a concrete goal for Howard in 1996 when she judged at the Canada Winter Games in Cochrane, Sask.

"I remember thinking, 'Wow, if this is the Canadian Olympics, what are the real Olympics like?'" she says.

She became certified at the Olympic level in 2006. After that, all she could do was judge as well as she could. In other competitions and hope that Skate Canada would select her when the time came.

The number of judges each country sends to the Olympics is determined by a draw, according to Howard. For

Sochi, Canada was drawn to send judges for the ladies pairs and dance categories. Skoti Canada deliberated on who to send, and Howard got the call.

"There were a lot of emotions. When she called, I was shaken up with the emotion of 32 years of work to get there," she says, getting emotional just remembering the day.

When the competition comes, there will be no place for emotion.

"I know when I sit down in my seat, I have my criteria, and I know what I'm judging against in terms of the standards. You have to be able to disregard the applause in the arena and assess what goes into the sport," says Howard.

It's not the first time Howard has judged the best of the best. She has worked at the 2010 Grand Prix Final, as well as numerous local stops. Last November she had the pleasure of judging Patrick Chan's record-breaking Grand Prix championship performance in Paris. A skating performance she called the highlight of her judging career to date.

"I think the entire panel of judges realized it was going to be one of those career highlights you'd always remember. He put together two amazing back-to-back performances where he was awarded scores of 10 by many judges. For me, that was the first experience of being on an event where a performance like that, to that high a level happened," she says.

Sochi, and the pageantry surrounding the Olympics, is set to be another highlight she'll never forget. She and the other judges get to attend the opening ceremony. They will also have the chance to choose one other sports something that doesn't happen at any other figure skating events.

All that said, she will be there to judge just like the officials she will judge. It's her sport's biggest stage, and she is ready.

"I feel confident in my abilities to do the judging. I've been trained to do it. I look forward to the opportunity to put all of that to work in these games. I'm just so excited."

skating@postmedia.com



Photo: Sean Trembath/Karen Howard of Regina is headed to Sochi for the 2014 Winter Olympics. REGINA PHOTOS BY DON HEALEY

# SPACES

**Spaces** celebrates beauty both indoors and out. If you have a living space we should highlight email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATOON'S BEST SPACES

### A communal space to live out the later years

By Sean Trembath

#### WHAT? Wolf Willow

**WHERE?** Wolf Willow Cohousing, a 21-unit building for people ages 50 and above located at 530 Ave J South in Saskatoon.

**WHY?** Residents move into Wolf Willow in September 2012.

**WHAT?** Wolf Willow operates on the cohousing model, which originated in Denmark in the 1960s. It's the first community of its kind in Saskatchewan.

The cohousing behind cohousing involves private living spaces as estates at this case – alongside common areas. Wolf Willow's residents share over 4,000 square feet of common space. There's a kitchen, dining room, lounge, laundry room, room with arts and crafts area, guest room, and a workshop all for everyone to use.

It's fantastic. It really is a wonderful way to live. It's a lot of fun," says Meagan, who has been in the building since it opened. Everything in the condo with the exception of washing the outside of windows is done by residents. They take turns doing necessary tasks such as cleaning, gardening and maintenance work.

Everyone involved is a member of Wolf Willow's council and all decisions are made by consensus.

"We meet once a month. We just put along well, and things pretty much always come to consensus," says Meagan.

Sports teams, such as descriptives, are allowed to come in. These made up of interested community members. Then there are recommendations that must be accepted by the whole council before being enacted.

They have an avoided conflict completely, but so far everything has been resolved amicably according to Meagan.

"We're not terrible to roll out a few sticky wickets. When you're living together with so many people, there's always bound to be something coming up, especially when it's brand new, but we're all enjoying it very much."

**WHY?** "It's an alternative way for us to live aesthetically. They both here. It's very active and energetic, so it is a wonderful place to be," she says.

Although not all of the community members are retired, the idea for Wolf Willow is to be a place they can continue to live well into old age, supporting each other.

"We know that we'll be able to keep each other engaged over the next many years."

**HOW?** Wolf Willow's capacity is that one of the units will be going up for sale soon. Anyone looking to join the community can find more information on their website at <http://www.wolfwillowcohousing.ca>.



**NEXT WEEK:** Do you play favourites with your children?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

# What's the funniest thing your child has said or done lately?

"I was just smirking. Wheels on the bus, to my 17-month-old he was saying it, but when I told the wheels were up and down, he started saying 'up' I thought it was cute, but then he would really say 'I thought it was up', but then he would really say 'I thought it was up', and then he would run away like he was lost." (added that he was telling me why he had to stop up, and he stopped and ran away) " — Victoria A. Sorenson

"Our toddler who is turning three in a few weeks made us laugh at Christmas. He was being naughty and tried to climb out. At the end we threatened him and told him 'Go! Go! Get a fast jump back. Or he was a pincushion and wouldn't be used.' OK so fast jump. He stood up little arms outstretched and then he hung onto the sofa and said 'I think I'm a pincushion now!' — Gwynn Lard

"My three-year-old got her party cloak out, climbed up on it, started dancing and said 'Old people! Now

let's jump! When she is destined to be in God some where.' — Devonne Campbell

"I just want what the comment was at first but the latter at our house: 'Dad did my toy yesterday' cutting my two year old's tail again. (not). He's trying to hold her back from eating it, yelling that it's a present and for the babies, and she will tell her right away, just in case, on reacting for it." — Alysa Crouse-Wilki

"My son wanted to go outside but I was breaking the rules so I told him if you had to help, we'd have daddy Baby-sit watch TV." — Lisa Walker

"Love you. See you next year!" — said with a grin on his face before they went for New Year's Eve. — Judy S.

"My son insisted I play Super Mario Bros almost

everyday. So I do when I am not busy with the baby. It isn't the funny things he says but he loves with the Wimpykids and consequently kills three or four (yakisoba) by pushing one down or into a headplay? I sincerely want to throw my controller at a wall when I play with him. I laugh when I touch him, try to lay a bed pat because he gets scared and leaves it in progress. But it is just fine for them to do that. Kids. I love it!" — Courtney Maling

"My four-year-old son is a chaotic mess full of blabber. One day he asks his teacher if he can bring his mom to school. His teacher says 'no' and asks him what he needs to say. After the teacher gives me the 'ask the teacher a question' and I don't let him say 'no' but she made me sit in a chair myself, so I did and never it in my stomach and I don't like it, so I think it reflects on me." — Shelly Lembke

"Last night when our babysitter showed us my three-year-old in the doorway, Austin



They're here! Learn how to budget to last. I've been replaced. — Krista Gosselin

"My sister was playing with her and said 'Haha! I am going to my 2-year-old's birthday! My daughter turned 2!'" — Kathryn Stenback

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# ON THE SCENE

## # GATSBY NIGHT FOR AUTISM



The party was in full swing Feb. 1 at Baumtowne at the Western Development Museum. Autism Services of Salvation hosted the Gatsby Night for Autism, transforming the 1920s decade's glamour into a night of fun for everyone. Autism awareness featuring the Town Big Band lit the evening while guitars danced the night away. A live and silent auction and games provided additional entertainment in support of autism services. Over \$35,000 was raised for Autism Services of Salvation's educational and social programs. Autism results from a neurological disorder that affects the functioning of the brain, impacting normal development in social interactions, communication and cognitive function. Autism Services of Salvation ensures youth and adults have the opportunity to live with dignity and to reach their full potential through a variety of programs.

- 1. Peter Diver and Cece Perier
- 2. Remmy Altom and Donna Oldman have fun gambling.
- 3. Gothic Carroll and Wendy Roy hit the dance floor
- 4. Page Kuan, Letty Russell, Diana Potopacki, Erin Strutzy, Carol Rotter and Linda Ronne
- 5. Erin and Cory Chapman are all smiles after their win, gambling
- 6. The Town Big Band played songs from the 1920s

BRIDGES PHOTOS BY MICHELLE BERG

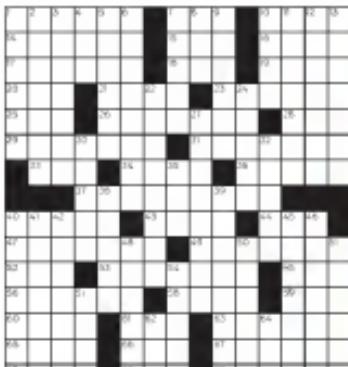


## # CROSSWORD

NEW YORK TIMES Edited by Will Shortz

**ACROSS**

- 1 Four-letter partner in the future  
 7 One [Bander theater]  
 12 A's inside  
 14 Asian resturant  
 15 How a monogram says  
 16 Ten [Tens]  
 17 Tens with below larger scores  
 18 ...Cone  
 19 Multi-commission rate  
 20 Call [Holder, state]  
 21 Eponymous sitcom star of the 2000s  
 22 All three were  
 23 Harrow [Aka]  
 24 Model Portofino  
 25 D fit  
 29 Ad missives  
 31 Last of the veges  
 32 Play call  
 34 Actor Isabella and others  
 35 Hawaiian singer with three medals - IOLY '97, gold and silver  
 37 New Year's armchair  
 42 Itineraries  
 43 Stock exchanges  
 44 NYC fire  
 47 Terence Howard  
 Client [no classes]  
 48 Quotidian  
 49 Rambler  
 50 People of Rwanda and Burundi  
 51 Kite tail  
 56 Goodies TV drama set in the 1980s  
 58 See  
 59 See other side, possibly after  
 60 "Sister" name  
 61 The White Stripes' lead singer  
 62 Decider  
 63 The White Stripes' guitar  
 64 Top of west letters  
 65 Little known



ANSWERED TO A CROSS

**DOWNS**

- 1 Fishing of the English  
 2 After-school activity  
 3 Stand with the sex  
 4 Person from  
 47 Hat in Tokyo  
 48 Divorces, Noddy  
 49 Attila  
 50 Strip the branch  
 51 Not the right  
 52 Expressing opinions  
 53 ...ana  
 54 Businesswoman  
 55 ...tress
- 10 Bureau-clip brace  
 11 Maki souffle  
 12 ...er  
 13 Afro-Caribbean mode  
 22 Capital spanning the Atlantic  
 24 Ach med through...  
 25 ...ately  
 27 2011 mind the Gorda  
 28 ...er  
 30 Kilometer  
 32 Trifl  
 33 Bill ... the Science  
 34 ... than you're  
 35 ... Come Together  
 36 ... Festivus  
 40 Pre-heating  
 41 ...er  
 42 ...er  
 43 ...an  
 44 ...er  
 45 ...er  
 46 ...er  
 47 ...er  
 48 ...er  
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 60 ...er  
 61 ...er  
 62 ...er  
 63 ...er  
 64 ...er  
 65 ...er

## # JANRIO CLASSIC SUDOKU

## Level: Intermediate

Fit in the shaded cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty levels range from Novice (easier) to Silver to Gold (hardest).

6	2	4		3		1		
1			7	4		6		
	3	2			4			
5				8			9	
	3	6	4	2	5			
2			7				4	
	5			7		4		
9		1	3			5		
1		4		3	9	6		

Solutions to the intermediate and hard Sudokus can be found on Page 20.

in  
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# OUTSIDE THE LINES



## # Colouring contest

Each week, 10 children McFar creates a family illustration meant to please little art critics.

Children can colour the page, have a picture taken with the finished product and email it to [children@phoenix.com](mailto:children@phoenix.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



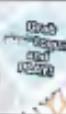
Last week's contest winner is  
Maren Deneosoff.  
Thanks to everyone who  
submitted entries!

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# GARDENING

## # COMMUNITY GARDENS

### An attractive option for the urban gardener

By Erl Svendsen

The popularity of community gardening keeps growing. People yearn for fresh vegetables and/or want to limit their consumption of synthetic chemicals used in food production.

Many have moved in a house with a smaller yard or downsized from a house or farm to a condo. For young couples and families who want to lower their food bill (and teach their children life lessons), community gardening represents an attractive option.

There are two types of community gardens. One type is a space where several gardeners have individual plots but adjoining plots. Plot sizes vary but are typically 14 to 18 square metres.

Many community gardens are no-tillennium as a group developing and agreeing to basic constitution, code of conduct and rules. A committee organizes events, schedules group work sessions, maps out day-to-day operations, allocates space and deals with conflict. In the community gardens I belong to, there are actually few rules. One of the basics is that synthetic fertilizer or pesticides is not allowed. Madeot fees (\$40 — \$60) cover the cost of materials and our site services (e.g. rototilling).

The other type of community garden is commonly owned by a non-profit charitable organization to grow food to supplement food banks, school lunch programs and lower income families. The space is managed as a single large garden relying on volunteers to organize, plan and to plant, water and harvest. This type is also known as a community gardens.

Between these extremes is common ground. Individual gardeners can grow a variety, sharing a portion of their produce. Or individual pleasure gardeners can team with the intent of donating all the food off their plots. Some community gardens even allow nonmembers in the immediate neighbourhood



A well-maintained community garden. PHOTO COURTESY BARBIE HILL

to harvest a reasonable amount for themselves — a truly grassroots movement, one that I heartily support.

The deadline to book a plot in most gardens falls at the end of Feb. year, so don't dawdle. If there isn't a nearby community garden, you have other options. You can partner with someone with an unused backyard — assume that can't or doesn't have the time to garden themselves.

A share of your bounty is usually payment enough.

In Saskatoon, CHEP helps look up gardens with homeowners. If you're more community-minded, consider creating a new community garden. There's lots of help out there to get underway. Existing community gardens are a great source of advice. And there may still be time to register for the CHEP's Commer-

cially Growers Conference on Feb. 8 in Saskatoon. It'll be a chance to learn about some of the challenges and best practices for creating a community garden as well as meeting others already involved in operating one.

This column is provided courtesy of the Saskatchewan Provincial Society (spsask.ca). Contact the author at [erl.svendsen@cheptech.ca](mailto:erl.svendsen@cheptech.ca).

## SASKATOON COMMUNITY GARDENS

Contact CHEP at [www.cheptech.ca](http://www.cheptech.ca). The organization works to increase access to good, local and affordable food sources and provides a support to 25 community gardens.

■ CHEP's community garden coordinator has individual garden contact information: Gord Andreoff (306) 655 575 ext. 2219; gord@cheptech.ca

■ The City of Saskatoon manages a separate community garden in space 306-655 3030; [garden@saskatoon.ca](mailto:garden@saskatoon.ca)

■ Check your local community association, library, school, church, RM or town office will also have info about the closest community garden.

# ASK ELLIE

# Racist and controlling boyfriend needs to go

**Q.** I'm with a handsome guy who appears very charming, intelligent, and kind to others. But I've seen his ugly side.

He was making off-race comments toward me (I'm black) and he's a white). He said he's joking, he didn't know black people in the country he grew up in. I'll have to excuse his rudeness though.

We argued about that for weeks until he finally sent me a text:

Then, he accepted two girls from Europe whom he'd never met, to stay in his place with his other roommate (who was married to his wife) overwinter.

My guy confirmed with the girls before asking if I was free to help him and his roommate that night.

When I questioned P, he said he should have the right to invite any one, including strangers, into his house.

I agree, but we'd only been dating for four months and I think it's NOT a common practice (to invite strange women, in that circumstance). Mean

## Ask Ellie



while the girls never shaved.

When I moved in, we'd agreed to pay \$100 cash for groceries each month. It's what we could both afford.

I stuck to the budget and got everything we needed. He later and I can see him. He demanded the bag by over \$200 and said that a how much it costs to feed as both. But he couldn't produce a receipt.

More incidents occurred because I'd differ from his opinion. Rather than just accept that we think differently, he'd become agitated, rag me, and say that if I don't take his word it means, "you don't care about me."

When I once mentioned an alter-

native ending to a "Breaking Bad" episode, he screamed at me at the top of his lungs.

Recently he started testing a would be new online and was arranging a photo shoot for his photography project. I excepted that he has models around the house. I am a model, too, but he was forcing her at 3 a.m.

They'd been living consistently during days, evenings and nights, something he doesn't do with other models.

He said she has family problems and doesn't know if she wants to model. She cancelled shoots several times but he was still forcing her.

We arranged to work together the next day on some of our projects, but he later asked if I wanted to go for coffee with him that day. He then said the model will be there too, and he wants to be the person she talks to about her problems.

I solved more questions and he became very aggressive saying he has the right to meet with anyone

he wants, for whatever reason he wants.

He goes on and on. I should put up with him going out with other girls or leave. My question for a relationship is, "Is the relationship is not about me, it's about us?"

I want this relationship to work out, but is my opinions powerful in the writing direction?

## FREESTYLING POETRY

**A.** There's more conflict than commonalities here. His ensuing racist remarks to you, an "influencee," is NOT acceptable period.

Gwen has no need to be right — and his scorning when challenged — you can bet those racist "jokes" will happen again.

He's a man who does what he wants, and does his best in when questioned. This will only get worse, because his fullback position is always about him and his rights, not about the relationship.

Moving on. The other model is already getting more respect from him

**Q.** How do you get a guy to talk with you? Or how to talk a guy out? He speaks quickly.

## Michigan Crash

**A.** The worst way to do either is to rank ahead, blurt something out and feel hurt if the surprised guy doesn't respond or just laughs you off. (This applies to any learned and unexpected dating requests, no matter the gender involved.)

You're obviously obsessed with your newest crush. But that doesn't mean he's aware of you.

Do NOT ask him out. First, when a conversation about anything you might have in common — a class, a sport, music taste, a current TV show, etc., don't be friendly if he doesn't answer much or say "See you later" and walk away.

Try once more. If nothing happens, drop it, just smile when you see him. He knows who you are, now.

Meanwhile, stay cool. If he does ever talk to you, ask if he wants to chat more sometime.



# Next week in BRIDGES

Core Neighbourhood Youth Co-op director Dave Shanks has 'an understanding of youth that can't be learned'

# EVENTS

## # MUSIC

**Wednesday, Feb. 5**  
Jesse Rheins Band  
Buds on Broadway,  
817 Broadway Ave.

**Thursday, Feb. 6**  
Beats Invaders  
Cuckoo's Restaurant &  
Leaves  
1-221 Phoenix Ave.

**Brasserie A Boules**  
Buds on Broadway,  
817 Broadway Ave.

**Beats Berlin: Outside the  
wall**  
The Restaurant,  
3024 Fourth Ave. N.

**Friday, Feb. 7**

**Highways**  
Buds on Broadway,  
817 Broadway Ave.

**Plane Friday w/ Ray depha-  
ison**  
Beats Berlin: Outside the  
wall  
The Restaurant,  
3024 Fourth Ave. N.

**Parvez Young**  
Amp and Navy Club,  
359 Port Ave. N.

**Tribute to Evelyn Brinley-  
ton & The Monkees w/  
England**  
Mutine Leiden,  
3021 Louise St.

**Hell Buttons**  
Mimic Lounge  
310-316 Main St. E.

**Inclucious**  
Teen Town Tavern  
3335-3337 Main St. E.

**Local Event: Thrills High/  
May Be Sixth Round** "Billie Jean"  
Angeles Cantina,  
602 12th St. E.  
  
**Book The Sheller w/ Asther-  
pilot, Foon Lake and Reven  
She Hollers**  
An L.A. Event, Canzio,  
302 Second Ave. S.

**Yours Truly**  
Tequila Nitroclub,  
1205 Albert Ave.

**Janmas**  
Starts Fleas,  
104-110 10th St. E.

**Saturday, Feb. 8**

**NightHawks**  
Buds on Broadway,  
817 Broadway Ave.

**Piano Series: The Pianomen:**  
David Peng, Lisa Griffiths, Kris  
Seligfeld and Ray Stephenson  
The Basement,  
202 South Ave. N.

**Former Young**  
Army and Navy Club,  
359 Port Ave. N.

**Harry Startup**  
Natalia Lepes,  
3021 Louise St.

**Ralphs Rhythm Kings**  
Downstage Legion,  
616 Spadina Cres. W.

**It's The Late, Baby**  
McNaught Innkeepers,  
3110 12th St. E.

**Last Day Babies w/ Music  
Lepage**  
Angeles Cantina,  
602 12th St. E.

**Bookish n' Awesome for "Talede-  
nse" 371 Young Adults**  
Briarwood Books & Media,  
1341 Professor Dr.

**Reunions**  
Star's Place,  
106-110 10th St. E.

**Sam Way, Feb. 9**

**Sam Way**  
Buds on Broadway,  
817 Broadway Ave.

**This Day**  
Fools, Feb. 10

**# ART**

**Mandal Art Gallery**

Until March 30 — 905 Speckle-  
Cres. E. Winter exhibitions  
include Contemporary Drawing  
and Painting, Canadian Poetry  
of Canada, and These Heretics:  
Walls of Intrigue and Curiosity

**of Curiosity**: The BBC ARTISTS  
by Artists exhibition is three  
levels of art, music and film and  
will run through June 1, 2014.

The C1860 Taken exhibition is  
in the gallery auditorium until  
March 15. It features 1860s art  
and artifacts from the Royal  
Albert Memorial Museum in  
February and March. Gallery  
members get 30 per cent off.

Hilberts, a local jeweler in the  
Geffery Shop, Feb. 7-14. Visit  
[www.hilberts.ca](http://www.hilberts.ca).

**Second Billiards**

Feb. 7-9 — 10 Warkentin Street  
Artists Zsuzsanna Logue, Clint  
Naufahu and Julian Noor will  
be showing Feb. 9, 2 p.m. till 5 p.m.

**The Dallas Artwork Picturesque**  
Feb. 7-9 — 10 Warkentin Street  
3 April 2014 — Works by

artists Robert Christie,

Louise Cook, Greg Hardy, Gisele  
Herten, Dennis J. Penfold,  
John Penfold, and Linda Russell  
will be showing Feb. 7-9, 2 p.m.  
and 4 p.m. until 5 p.m.

**SDXPA Art**

Feb. 7-9 — 14-213 Third  
Ave. S. (approximately by Kevin  
Wiebequist and Adrienne Clark,  
An inside look at regional display  
and exhibition space, featuring  
local artists and their work.

**Heart by Maple Leaf Mystery  
and Suspense** Feb. 7-9, 2 p.m.  
Feb. 11 — Reception Feb. 12, 3 p.m.  
to 5 p.m.

**PAWS4ARTS**

Feb. 7-9 — 21-434 20th St.  
W. — Mermorial by Michael  
Grauer, on the 10th floor.

**Affinity Gallery**  
Feb. 7-9 — 1013 Broadway  
Ave. N. — 10th floor. It is  
Michael Holubik's first solo  
show. Imagined by recent experi-  
ments with metal working.

**Gordon Singapura Gallery**

Feb. 7-9 — 1011 Murray  
Building. Of 50, the way things  
are. An exhibition of new  
works by Gordon Singapura.

**Winni Orchestra and Jazz  
Orchestra** Feb. 7-9 — 10th floor  
101 Murray Building. The U of S Wind  
Orchestra and the U of S Jazz  
Ensemble perform.

**Third Annual Saskatoon  
Wellness Expo**

Feb. 7-9 — 101 Murray  
Building. 10 a.m. to 4 p.m., Feb.  
9, noon to 4 p.m., at Prairie  
Aid Park, Inhabit, speach-  
language pathology, physiotherapy,  
occupational therapy, and all areas  
of health, including mental  
physical, spiritual, financial,  
nutritional, environmental,  
personal and social well-being.

**Prakla Star Gallery**

Until March 16 — 905 Speckle-  
Cres. E. Winter exhibitions  
include Contemporary Drawing  
and Painting, Canadian Poetry

**St. Thomas More Gallery**

Until Feb. 28 — 1430 College

**What you need to know to plan your week.**  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

For more information about our editorial calendar, visit [www.thestarphoenix.com/editorialcalendar](http://www.thestarphoenix.com/editorialcalendar)

**Country Gospel Breakfast**  
Buffet and Concert

Feb. 8, 9 a.m. at Turkey's Buff-  
et, 1000 10th St. E. \$15. For more  
info, call Country Gospel Music  
Association.

**Le Gourmet D'River — Winter  
Carneval**

Feb. 8 & 10 a.m. to 4 p.m. at  
River zusammen Principals,  
2320 Louisa Ave. Winter items  
by English and French  
chefs, two days with the  
Guy Laliberte and activities.

**West Pointe Poetry**

Regular art classes and pro-  
grams at 9:30-10:30 a.m. Sat. &  
Sat. Visit [westpointpoetry.com](http://westpointpoetry.com)  
call 306-373-3299.

**West Pointe Poetry**

Regular art classes and per-  
formances at 9:30-10:30 a.m. Sat. &  
Sun. Schedule at [westpointpoetry.com](http://westpointpoetry.com)

**#**

**SPECIAL EVENTS**

**The Inkedspire: See  
Deep in the Atmosphere**

Feb. 8 — 6:30 p.m. at TCU  
Blues and Brews Series,  
University Auditorium. Tickets on  
stage exploring a metal fest  
playing on its octopus's  
piano and joining the bellyful  
baulin — all before 5:30 p.m.

**King of Kavalas**

Feb. 8, 6 p.m. at Port Island  
Pavilion. Guests from across  
Saskatchewan compete  
in a seahorse hunting  
contest with the others.

**Shakespeare Festival: The  
Taming of the Shrew**

Feb. 8-10 — 7 p.m. at the  
University Auditorium. The  
play follows a woman's  
attempt to tame her husband.

**All You Can Eat Perogies**

Feb. 8, 4 p.m. to 7 p.m., at All  
Saints Ukrainian Orthodox  
Church auditorium, 2810  
Louise St.

**Winnipeg Folk Festival**

Feb. 8-10 — 10 a.m. to 10 p.m.  
at the Forks. Performers include  
the Red Elvises, the Sadies, the  
Kings of Leon, the Headstones,  
the Tragically Hip, and more.

**Strawberries in January**

Feb. 8-10 — 9 a.m. to 4 p.m., at Prairie  
Aid Park, Inhabit, speach-  
language pathology, physiotherapy,  
occupational therapy, and all areas  
of health, including mental  
physical, spiritual, financial,  
nutritional, environmental,  
personal and social well-being.



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306 266 7030 x 122

[www.ywcaskatoon.com](http://www.ywcaskatoon.com)

Tickets go on sale at Picnic  
starting **Feb. 3**

[www.picnic.com/ywcaeventinfo](http://www.picnic.com/ywcaeventinfo)

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DISTINCTION  
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**YWCA**

# SHARPEATS

See a food trend you think deserves a highlight in Bridges?  
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 or visit us on Facebook

## # SASKATCHEWAN FOOD SCENE

# Chefs' Gala & Showcase: Five reasons you should go

By Jenn Sharp

## 1. THE FOOD

It's the food, by far. There are lambish rubber chickens and under-cooked potato dinner fundamentalists. The food is the star here — it's called the Chef Gala for a reason. The Saskatchewan Chefs' Association hosts the event every year (890) marks the 55th year). At \$160 a person, the tickets aren't cheap but you'll be hard pressed to find a meal of this caliber for that price anywhere else.

The night kicks off with mouth-melting sour cherry dessert made completely from scratch, where a variety of house 4 starters will be served. An a-carte gourmet dinner and wine follows, checked out the menu on price prior. If you're never heard of an ingredient (or three!) that's OK. This will be your night to discover new tastes!

## 2. THE CAUSE

The funds raised this year go to three innovative and unique art groups in Saskatchewan: Little Opers on the Prairie (LOOP), Live Free Independent Theatre and Rhythmic Chamber Music Festival.

LOOP strives to increase the demand for open and attract new audiences in Saskatchewan through creative performances. The group's mandate is also to create new work opportunities for artists.

Live Free does a great job of promoting independent theater by connecting audiences with five theatre companies each season.

Organizers and performers at the Rhythmic Festival, which runs May 20 to 26 in Saskatoon, are committed to showcasing and sharing classical music in exciting ways. From violinists to pianists, this young group of artists is passionate and dedicated to their craft.

## 3. THE ENTERTAINMENT

Theatre, opera and chamber mu-

sic intermingled with the six dinner courses make for an unforgettable night of art, culture and delicious eats. Performances by LOOP, Live Free and Rhythmic musicians will be held throughout the evening.

## 4. THE DATE

The gala is from Feb. 1st to Presidents Day in Saskatoon. If you're looking for a romantic way to impress your sweetie, this Valentine's Day, securing tickets to this will get you in the good books until at least next February. For the Regina readers, a weekend trip to Saskatoon with a stay at a cozy downtown hotel after the gala is the perfect winter vacation.

## 5. THE FOOD

Did I mention the food? Because it will be amazing. If it's not, you can get mad at me ... but that won't happen. The chef talent is some of the best in the country. Three past Goya Medal winners (Anthony McCutty, Darren Crookshank and Trevor Robertson), the winner of Top Chef Canada Season 1 (Dale MacKay), along with several others who have been in the game long enough to really know what they're doing.

### RECEPTION:

Vince LaFerriere, Everett Nelson, Bev Anderson and instructors

- Alka Tuna Plate: with avocado, garnished with black sesame crisp, micro greens and yellow bean rib
- Smoked Pork Tenderloin wrapped with wild mushrooms and horseradish. Garnished with pearl belly sea bass roe
- Sea Scallops sautéed with parmesan dust on a bed of creamy leeks and squash. Garnished with sweet pea fritters

- Chicken Vesuvio Wrap — Roasted poblano peppers, sweet corn, Spanish rice and cheese in a corn wrap. Dipped in egg whites and fried, served with a chile lime sauce



Anthony McCutty will prepare the side dishes for the Chef's Gala Dinner, a chicken Vesuvio Wrap (top), Vietnamese-style pork and sour cherry dumplings, cassoulet beans and peasant pasta, and a vegetable medley of seasonal vegetables (bottom).

### SUPER:

Trevor Robertson, Richardson Hotel  
 ■ Northern Federal Chardonnay with passion fruit, pea sorbet, pickled chickpeas and Yukon Gold puree

### SALAD:

Doug Sigurdson, Saskatoon Inn  
 ■ Guy Aatif Beef Tenderloin and Balsamic Honey Glaze. Gorgonzola cheese with micro greens and Living Sky Winery's Chianti wine vinaigrette

### APPETIZERS:

Darren Crookshank, Riverside Com-

### try Club

■ Grilled Ocean Wise Shrimp salad with vine tomatoes and micro, herbed feta and local micro greens, horseradish tomato salsa and crisp garlic fennel

### MAIN:

Anthony McCutty, The Realisation Club  
 ■ Fine View Farms Chicken Breast filled with chicken breast port and sour cherry demiglace surrounded with risotto and parmesan

### DESSERT:

Dale MacKay, Aylen  
 ■ Creme Brûlée with a basil and orange reduction

## GHEY'S GALA & SHOWCASE TICKET GIVEAWAY

"Like" the events Facebook page at [www.facebook.com/groups/saskachefs/](https://www.facebook.com/groups/saskachefs/) and "share" "the Chef's Gala" Ticker messages for your chance to win two tickets!

To purchase tickets, visit [www.gheysgala.com/tickets](http://www.gheysgala.com/tickets) or call 306-248-2116.

# WINE WORLD

# EPICA RED

## Chilean wine makes a kicky lifestyle statement

By James Romanow

In the past few years the wine market — at least for those of us that try to live under the \$10 mark — has come to a consensus: It wants “smooth reds” (which is to say a dry fruit attack with little to no apparent acidity, no tannins, and no structure).

At the high end this means wine championed by Helene Turley and her ilk, which are packed of ripeness, less similar to those of dessert wines than what the earth and sun seemed to bring bumper�harvests.

On the mid-range end of the scale, the Day after Thanksgiving in Argentina and my memory of smooth reds out there, all trying for a play of the nose—plum, figs, more-skin wine, and like most of the heralds it’s a falsehood packed tight that makes it stand out on the shelf.

If you like such wines you really need to give that one a try. Chilean wines are among the finest in the world. The country also has the even larger population that’s growing up and drinking these wines. In short, they don’t need to seduce Americans. They can instead sell the product with their own young, vibrant, exuberant bursting with creativity.

The wines don’t really sell itself as a set of flavours so much as a lifestyle statement. If you are young and impulsive leading a kicky



In the moment lifestyle, they imply that should be your go-to drink.

As a result of that Part, nearly old enough for the senior discount, I’m still legible but hardly lookin’ like wine isn’t interested in me and won’t likely be ‘my’ wine. And that’s exactly what the producers want.

Epica Red, Chile, 2012 \$15 \*\*\*\*

More great wines in Monday’s paper or on Twitter @dthomas.

## Crossword/Sudoku answers

ERNEST	VIC	CHIC
GEISHA	OWE	ODDA
BURGUA	COS	MATIL
ENV	REGA	SHERRY
RILA	PAUL	LINA
TONOEND	TARO	DETTS
NAT	LAINS	DONHO
HAPPY	2014	
CAVED	ERLS	LIT
HEIRESS	AUSTRI	
IRAWA	PUTSIL	GIA
MADMEN	REAM	LIBR
STUUD	DUO	MEATH
ROCKAKA	KOMA	NOMADS
ARTEL	LEY	ANGLO

6	2	4	5	8	3	9	1	7
1	5	8	9	7	4	2	6	3
7	3	9	2	6	1	4	5	8
5	4	6	3	1	8	7	2	9
9	7	3	6	4	2	5	8	1
2	8	1	7	5	9	6	3	4
3	6	5	8	9	7	1	4	2
4	9	2	1	3	6	8	7	5
8	1	7	4	2	5	3	9	6

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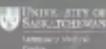
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